



NE Lesson Code BF-000-22

Men and the Breastfeeding Experience

This is a motivational and educational lesson for prospective fathers and may be presented to them with or without their pregnant partners being present. It encourages dads to support their partner's efforts to breastfeed.

OBJECTIVES:

Participants will be able to:

- ? name 3 ways dad can help support breastfeeding when mom and baby come home from the hospital or birthing center.
- ? name 3 ways dad can bond closely with the new baby.

MATERIALS:

1. Videotape program: *Men and the Breastfeeding Experience* (produced by Vida Productions, available in English, approximately 5 minutes), segment following *Breastfeeding: The How-To, Can Do* video. Those outside Texas WIC may order the video from Vida Productions at www.vida-health.com.
2. Golf ball
3. Walnut
4. Tennis ball
5. *I Love You Dad* poster, stock #13-57, English
6. Handouts:
 - ? *Especially for Dads*, stock #13-53, English, or the revised version, Dad, stock #13-53.
 - ? *Dad's Role in Supporting Breastfeeding*, included in the "All You Need to Know" section of the Texas Breastfeeding Initiative Community Action kit
7. Snacks, such as water, apples, crackers, cheese (optional)
8. Oral and written evaluations

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIPS

Make fathers feel welcome, relaxed and comfortable. You may want to serve refreshments--something that would be a good, healthy snack for a nursing mom such as ice water, apples and wheat crackers. If you choose to serve a snack, wait until after the video to do so. Suggest this snack as something they can prepare for their lactating partners. If moms are in the class, have dads prepare and bring them a snack.

Display the *I Love You, Dad* breastfeeding poster in the classroom to emphasize the importance of dad's role in breastfeeding and in caring for the new baby.

Have the video set to start right at the beginning of *Men and the Breastfeeding Experience*, the 5-minute segment following the 25 minute video, *Breastfeeding: the How-To*, just after the section on "The 5 Keys to Successful Breastfeeding."

If you know a supportive man whose wife breastfed or who is breastfeeding now, invite him to the class to answer questions and to give his encouragement and advice.

ICE BREAKER:

Hold up the golf ball, the walnut and the tennis ball.

Which of these 3 objects do you think are closest in size to a newborn's stomach? Allow dads to answer.

The walnut or the golf ball is closest in size to your newborn's tummy. In fact, your baby's tummy is about the size of your baby's fist. Because your baby's tummy is so small and because breastmilk is so easy for babies to digest, they may need to eat more often than formula-fed babies, but this is healthier for them and for the growth and development of their little gut.

The first few days of life, your baby will need no other food than his mother's milk. In fact, all the food or drink your baby needs the first six months of life is breastmilk. You may start your baby on solids at 4-6 months of life, but continuing to breastfeed will give him most of his nutrition and will continue to help protect him against infections and allergies.

This first milk that comes in is called colostrum. Colostrum is rich in protein. It also acts as a kind of laxative which will help your baby to have bowel movements the first few days. The more colostrum your baby gets from his mother, the more bowel movements he will have. Passing these first bowel movements will help lower his risk of jaundice. Colostrum also contains antibodies that protect against infection and disease.

A healthier baby means a happier baby. It also means fewer doctor bills and fewer hospital bills.

INTRODUCE THE VIDEO:

Let's listen to what some dads of breastfed babies have to say.

SHOW THE VIDEO: *Men and the Breastfeeding Experience.*

DISCUSSION:

After listening to these dads, do you see how important your role is in supporting breastfeeding? What are some things you can do to help your wife and baby have a positive breastfeeding experience?

Possible answers:

- ? Do some of the household chores or get someone to help with the housework the first few days or first couple of weeks after the baby is born.
- ? Cook a casserole, beans or a pot of soup or ask someone to do this for you so mom doesn't have to cook right away. Getting her rest now will help her get back to her old self sooner.
- ? Bring mom a snack while she is nursing.
- ? Burp the baby.
- ? Make sure mom does not get overwhelmed or tired from too many visitors.
- ? Make sure the baby nurses every 1 ½ - 2 hours to prevent engorgement.
- ? Help mom check to see if baby is latched on and positioned well. Listen for gulping noises to indicate swallowing.
- ? Give the new mom words of encouragement:
 - ? *I am so proud of you and how healthy our baby is.*
 - ? *You are doing a great job.*
 - ? *Don't give up. The first few days are the hardest--it will get easier.*
 - ? *You're giving our baby something no one else can.*
- ? After a feeding, let your baby sleep on your chest. The rhythm of your breathing and the skin to skin contact is healthy for your baby. This special time with your baby will allow your wife some time to rest, take a shower, or call a friend.
- ? When in public, sit or stand near mom and baby so they nurse discreetly and easily.
- ? If family or friends question your family's decision to breastfeed, be supportive. Tell them about the health, economic and ecological benefits of breastfeeding. Tell them how proud you are of your healthy, breastfed baby.

Encourage dads to participate in the discussion. If you have a visiting dad who supports breastfeeding, ask him what he thinks is the most important thing he did to support breastfeeding.

OPTIONAL ACTIVITY:

If you have prepared a healthy snack for the dads, serve it now. **Here is something you can prepare for your wife to snack on while she is nursing during the day.**

Distribute *Especially for Dads* brochure and/or *Dad's Role in Supporting Breastfeeding* handout.

Many women who breastfed say they could not have done it without the support of their baby's father. This brochure includes frequently asked questions from new fathers. What concerns about breastfeeding or caring for the new baby do you have questions about?

If no one asks a question, choose a question from the brochure and ask if anyone has wondered about this. Encourage participants to take part in the discussion. If you have a visiting dad of a breastfed baby, he may be very effective in getting people to ask questions.

How can you become closely attached to your baby and bond with him or her without feeding your baby?

Possible answers:

- ? Holding my baby.
- ? Reading to my baby.
- ? Singing or talking to my baby.
- ? Bathing, dressing, diapering my baby.
- ? Letting my baby sleep on my chest.
- ? Being close to mom and baby while she is nursing, talking softly to them and touching them gently.

DO ORAL EVALUATION.

Oral Evaluation

Thank you for your participation. Remember, if you or your wife have any questions or concerns after your baby arrives, please call your WIC breastfeeding coordinator or the Breastfeeding helpline at 1-800-4-MOMS.

TRUE OR FALSE

1. Dads can help moms nurse in public without anyone knowing she is nursing. **TRUE FALSE**
2. It is healthy for babies to sleep on their father's chest. **TRUE FALSE**
3. The only food your baby needs the first few days is colostrum. **TRUE FALSE**
4. A father's voice helps comfort a crying baby. **TRUE FALSE**
5. Baby's are too young to be read to, so this is not a good way to bond with your baby. **TRUE FALSE**

MULTIPLE CHOICE

6. **Which of the following activities encourages a breastfeeding mom and helps her feel confident about breastfeeding?**
 - 1) Telling her she is doing a great job.
 - 2) Explaining to well-meaning friends that mom and baby need their rest and quiet.
 - 3) Watching to make sure the baby is positioned correctly and listening for your baby's suck/swallow sounds.
 - 4) Giving the baby a bottle of water while mom naps.
 - 5) All of the above.

ANSWERS:

1. True
2. True
3. True
4. True
5. False
6. 1, 2, and 3

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New Lesson Survey Form - Participant

1. The name of the video I saw today was: _____

2. I am: (you may circle more than 1)

- a. Pregnant
- b. Breastfeeding
- c. Parent of an infant
- d. Parent of a child
- e. Family or friend
- f. Teenager

3. How much did you like the video?

- a. A lot
- b. A little
- c. Not at all

4. Do you plan to use the ideas from the lesson?

- a. A lot
- b. A little
- c. Not very much

5. Do you think this is a good video to show at WIC?

- a. Yes
- b. No

Why? _____

6. What is the most useful thing you learned from the video and discussion today? _____

7. Comments: _____

Thank you for your comments and participation!

LA# _____

Date used:_____

1. Was the audiovisual easy to see and hear?
 - a. yes
 - b. no
2. Was the lesson easy to read and follow?
 - a. yes
 - b. no

What changes would you suggest for improving the lesson?_____

3. Was participant feedback:

- a. positive
- b. negative
- c. indifferent

4. Do you plan to use this audiovisual/lesson again?

a. yes b. no

Comments: _____

5. Additional comments:_____

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